

Directed by:

VICTOIRE TERLINDEN

Psychologist

Collaborators:

Dra. Ana Belén Calvo Calvo.

Neuropsychologist and therapist for children and adolescents.

Teresa Barrera.

Psychologist, Guidance counsellor and individual, family and couple therapist.

Sofía Carriles.

Psychologist and Psychotherapist.

POSSIBILITY TEACH THE WORKSHOP IN:



Español



English



Français



Deutsch



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CONSULTA

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 **Dr. Carlos Chiclana**

Workshop on

**EMOTIONAL
REGULATION**

FOR TEACHERS



“Today I will be the master of my emotions”

WHAT IS IT:

It is a program aimed at the people involved in the field of education and teaching, who want to acquire emotional regulation capacities both in and out of the classroom, in order to improve their health, well being and the quality of their professional life, as well as optimising their teamwork.



STOP

LISTEN TO YOU

TAKE CARE OF YOU

BE INTERESTED IN YOU

GOALS OF THE PROGRAM:

- 1 – Give teachers or counsellors emotional regulation capacities.
- 2 – Increase the motivation of each member of the teaching staff.
- 3 – Transmit to the staff the importance of teaching emotional intelligence in the classrooms.
- 4 – Make the teaching faculty a space that stimulates teamwork and good relationships between teachers.

HOW ARE WE GOING TO WORK ON IT:

- A – Becoming aware of the range of emotions experienced by the teachers and how they can positively affect their work.
- B – Learning to discover that what wears me down and that what relaxes me, in order for me to work better.
- C – Knowing concrete tools of emotional regulation and how to use them.
- D – Using these tools according to specific student profiles.



WHO IS CONCERNED:

- Teachers
- Educators
- Guidance Counsellors
- Speech Therapists
- Members of the Management Team

DURATION:

4 sessions of 2 hours each.



“The knowledge of oneself, meaning the capacity to recognise a feeling in the same moment it appears, is the foundation of emotional intelligence.”

Daniel Goleman.